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'A tragic ending'



**Westmount Charter School,
community grieve the loss of twins
Jordan and Evan Caldwell**

metroNEWS

BILL GRAVELAND/THE CANADIAN PRESS

Mayor rejects Uber 'threats'

RIDESHARING

**Scare tactics
won't change
Calgary's draft
bylaw: Nenshi**



**Helen
Pike**
Metro | Calgary

Uber is on the offensive in Calgary as the calendar nears Feb. 22 — when councillors will debate a new bylaw legalizing rideshare services in the city.

"Calgary's draft rules would unfortunately keep ridesharing from returning to local residents," read a statement issued by Ramit Kar, Uber Alberta GM. "We hope councillors will reconsider these draft rules and remain open to the views of the public who want new, reliable and affordable transportation alternatives."

Mayor Naheed Nenshi renounced the company's tactic, calling it an empty threat.

"They've made that threat a number of times in a number of jurisdictions," said Nenshi. "As far as I know they've never actually followed through on that threat anywhere."

Uber is suggesting that the city's draft bylaw would make it impossible for the company to operate as it requires upwards of \$500 in "administrative costs," vehicle inspections, Calgary Police background checks and daily data collection which it argues is "unnecessary" to oversee regulation.

But Nenshi begs to differ, noting his office found a past driver who passed Uber's background check didn't quite get through when Calgary Police Service did its own sleuthing.

"We know of at least one case where someone with a criminal conviction made it through Uber's third-party screening process," said Nenshi.

Uber said in a statement it was unaware of the mayor's claim.

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IN BRIEF

Drug bust uncovers meth, morphine and fentanyl

Twenty-nine people face 128 charges in connection to drug trafficking and violence in the downtown core, according to Calgary Police Service. Police seized crystal meth and morphine. They also seized fentanyl once, out of the more than 20 drug seizures. METRO

Calgary police officer dismissed for misconduct

A Calgary Police Service officer has been dismissed after he was found responsible for multiple Police Service Regulation offences during a high-speed chase in 2008; that chase resulted in a collision that seriously injured a taxi driver. Sgt. Anthony Braile admitted responsibility to nine counts of professional misconduct during a disciplinary proceeding and was dismissed Feb. 3. METRO

City named a Top 70 employer in province

The City of Calgary has been named one of Alberta's Top 70 Employers for 2016, based on a Mediapro Canada Inc. review of eight criteria, including community involvement, physical workplace, social atmosphere, time off and communications. "Each day my colleagues at The City of Calgary come to work knowing that we get to do great things to make Calgary an even better place in which to live, work and play," said Mayor Naheed Nenshi. METRO

Witness helps stop vandal in his tracks

CRIME

Bus shelter hit, woman calls transit officers



Helen Pike
Metro | Calgary

Thinking about smashing a bus shelter? Think again, because Calgary Transit and the public are watching.

Calgary Transit is thanking a woman after she helped them nab a vandal they believe smashed a bus shelter in the city's southeast Sunday. Smashed bus shelters have long been the bane of Transit's existence, with last year's broken panes totalling upwards of 623 — and rarely any suspects to show for it. Since the summer spike in 2014, Calgary Transit launched an awareness campaign trying to appeal for public witnesses to call in the crimes.

It was 8:30 p.m. as a woman pulled out of a parking lot in the city's southeast. She saw and heard something fishy.

"I was concerned, I saw some arms in the air like people were arguing," said the woman, who asked not to be identified. "Thinking it was a female and some males I was concerned that perhaps she was in a dangerous situation."



Damage from a shopping cart pushed through a Calgary Transit bus shelter. CONTRIBUTED

She watched as the group of people left the shelter, located at Shawville Boulevard and Shawville Gate SE. It wasn't until she pulled away from the Best Buy and Walmart parking lot that she realized the sound she heard was a shopping cart as it smashed through glass.

"I noticed the glass all over the ground," she said. "When I saw that the bus shelter was smashed and that they had moved on, it just made me mad. I thought that's senseless and we all pay for that and it needs to be stopped, because

what's the point?"

With the young group still in sight she was able to tell peace officers where they would find the teens.

Insp. Colin Adair of Calgary Transit said they were able to



I thought that's senseless and we all pay for that.

Eyewitness

locate the group and charge an 18-year-old with causing damage to transit property.

"It's just a matter of sending out the message of a big thank you to the person who called in and reported this," said Adair. "It's only through their participation we're able to make these arrests and lay these charges."

Adair added usually vandalism happens in the wee hours, which is why Calgary Transit often isn't able to find those responsible — especially without eyewitness accounts.

LGBT POLICY

Eggen talks to bishops



Ryan Tumilty
Metro | Edmonton

As the deadline to create policies accommodating transgender students grows closer, the divide between Education Minister David Eggen and Alberta's Catholic bishops remains wide, even after their first sit-down chat on the subject Monday.

The bishops have all criticized Eggen's edict for school boards to develop transgender policies, though some have been more outspoken.

Following Monday's meeting, Eggen said he met the bishops because they have an important influence on education.

"It's important, as well, to have people working together in a collaborative manner. That's the approach I have taken from the beginning," he said.

Edmonton Archbishop Richard Smith said he appreciated Eggen's willingness to hear the bishops' concerns.

The province's guidelines make clear the government expects all those policies respect students' ability to self-identify in their gender. Smith said that expectation is out of line with Catholic teaching.

Still, he said everyone shares a mutual interest in protecting children.

"We want our kids to be welcomed, loved and protected, which our schools both public and Catholic have been doing for quite some time," he said.

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AHS has ordered the closure of a local home-based tattoo parlour for possible viral exposures.
JEREMY SIMES/FOR METRO

Tattoo parlour unsanitary: AHS

HEALTH

**Authority urges
patrons to get
tested for HIV,
hepatitis**



**Jeremy
Simes**
For Metro | Calgary

Alberta Health Services (AHS) is advising all people who received a tattoo at a Calgary home-based parlour to get tested for viruses.

AHS said the parlour is advertised as Discount Tattoo, located at 224 7A Street NE. It's operated by Ryan Kinsella.

Viruses can spread easily through unsanitary tattoo procedures, said Dr. Judy MacDonald, a medical officer of health with the Calgary Zone.

"This particular home-based tattoo operation did not have proper sterilization or sanitation processes in place, meaning

individuals who received tattoos through this operation may have been exposed to viruses, including Hepatitis B and C, and HIV."

MacDonald said AHS can't determine how many people might have used Discount Tattoo's services.

"There may have been people in the public that used the services of this tattoo operator," she said. "Because we don't have a way of contacting them, we are making this health advisory."

The parlour's operator — Kinsella — was posting advertisements on Kijiji and slapping posters around the city.

The posters read, "Save money without sacrificing quality," and indicated "trades" are welcome.

In November, AHS told Kinsella to remove the advertisements. Officials also provided him with information on how to properly open a shop.

However, the advertisements re-appeared in January, prompting AHS and the city to investigate. Upon inspection, MacDon-

+ ADVISORY

Alberta Health Services advise anyone who had a tattoo done at Discount Tattoo to get tested for Hepatitis B and C, and HIV.

ald said Kinsella was operating in a living area used for other purposes. She said his work desk was strewn with papers and cigarette butts.

So on Jan. 28, AHS ordered the closure of Discount Tattoo. It's believed Kinsella didn't have a business license, MacDonald added. She said people should think before they get inked.

"Just ask (tattoo operators) — No. 1, right off the bat — 'Can you please show me a copy of your most recent inspection report from Alberta Health Services,'" she said. "If they can't show you that, then I'd suggest you take your business somewhere else."

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Mayor praises work of late teens



Helen Pike
Metro | Calgary

Calgary is reeling after a tragic after-hours crash took the lives of Jordan and Evan Caldwell.

The Caldwell twins died after they and six other boys crashed into a gate while using their personal toboggan after hours on the bobsled track at Canada Olympic Park in the early hours of Saturday morning.

On Monday, in place of the usual moment of silent contemplation, Mayor Naheed Nenshi offered up the council's time to remember the 17-year-old twins.

"There's going to be plenty of time to talk about what happened and to reflect on that incident," Nenshi said Monday.

"But today I want to remember those young men and their extraordinary contributions to our community, and that which is lost to us."

The young men were known by parents, friends and their community for their hours of volunteer work.

Most recently, Evan was helping refugees settle in Calgary.



Today I want to remember those young men and their extraordinary contributions to our community.

Mayor Naheed Nenshi



Jordan and Evan Caldwell, killed in an after-hours slide down the bobsled track at Canada Olympic Park on Saturday. CONTRIBUTED



Student support offered in wake of bobsled tragedy

ACCIDENT

Caldwell twins died following Olympic Park joyride on track



Aaron Chatha
Metro | Calgary

Calgary Board of Education (CBE) staff met late on Sunday night to grieve and talk about the deaths of Jordan and Evan Caldwell and mentally prepare themselves for Monday morning — to provide the best support possible for students returning to school after the tragedy.

The Caldwell twins were killed early Saturday after they and six others attempted an

after-hours joyride on the Canada Olympic Park bobsled track.

"I think it's really important when a devastating tragedy such as this occurs to realize there's a whole range of responses," said CBE area director Calvin Davies.

Staff have been given scripts and potential responses to help the students deal with a range of emotions, although Davies said the support system should remain very flexible to best help students.

"We know there's a tremendous strength and comfort that comes from a sense of community," said Davies, explaining schools wouldn't be closed on Monday to allow students access to supports like friends, teachers and professional councillors, especially at Westmount Charter School and Ernest Manning

+ A TRIBUTE TO BROTHERS

A table with photos of the twin brothers who died in an after-hours joyride down a Calgary bobsled run was set up Monday at the school where both spent several years of their lives.

A handwritten note with the words "We miss you," followed by a drawing of a heart, was propped up in front of the smiling pictures of Jordan and Evan Caldwell

at Westmount Charter School in northwest Calgary. The building is not far from Canada Olympic Park where they both died early Saturday morning.

The two students, both 17, were part of a larger group that police say snuck onto the grounds of the WinSport facility, jumped onto their own toboggans and headed down the icy track where

Olympic and World Cup events have taken place.

They hit a gate set up to divide the bobsled and luge runs and died almost instantly. Six other young men were also taken to hospital after a 911 call from a staff member.

A vigil was also held late Monday afternoon to remember the pair.

THE CANADIAN PRESS

High School.

Two memorials were set up at Canada Olympic Park for the teens, where family described them as straight A students.

Both teens attended Westmount Charter School starting at Grade 5, but officials said Evan switched to Ernest

Manning to make use of the pre-engineering classes offered there.

"It's important for us to remember the students involved in this event are teenagers," Davies said. "They make some decisions about the kind of activities they want to get in-

involved in. Sometimes it can be a bad decision, which can lead to a tragic ending.

"We need to have our students — as much as possible — think about how that can happen to anyone. It's not about judging what decisions this group of students made."

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REEVES COLLEGE

Flames trade sticks for books at school

EDUCATION

Players stress importance of reading to students



Aaron Chatha
Metro | Calgary

Members of the Calgary Flames were fanning the flames of literacy at a northeast school Monday afternoon.

Flames players Matt Stajan, Deryk Engelland and Ladislav Smid were grilled by the students of Rundle Elementary School about the importance of reading.

Smid, born in what was then Czechoslovakia, said reading was his gateway to learn the language and culture in a new country.

The players signed auto-



Calgary Flames players, from left, Matt Stajan, Ladislav Smid and Deryk Engelland visit students of Rundle Elementary School on Monday. AARON CHATHA/METRO

graphs, met with kids and spoke about the importance of the Reading ... Give it a Shot! program, which rewards kids from kindergarten through

Grade 6 with bookmarks for meeting reading goals. The bookmarks are adorned with logos and pictures of the players — there are 24 to collect.

Last season, more than 22,000 student participated.

"First and foremost, with the Flames being involved, there's incentives for the kids to read and see how important it is in everyday life," said player Matt Stajan. "It's a really unique initiative."

Principal Sue Rutherford said it makes a huge impact on the kids when someone who is not thought of as being a reader tells them how important of a skill it is.

"For some kids, they hear it from us, they hear it from their parents — but to hear it from a hockey player, sometimes they hear it a little differently," said Rutherford.

Grade 6 student Gurbir Pandher, who was one of the students selected to ask the Flames questions, couldn't have been more excited, not only to meet the players, but also to read more books.

"It helps you communicate with people more," he said.

CHINATOWN

Debate on highrise building put off



Helen Pike
Metro | Calgary

A spirited march from Chinatown to city hall culminated on the council table Monday, as Coun. Druh Farrell opted to put off the development decision to April.

Last week, the Chinatown Community Stakeholders' Committee (CCSC) spoke out about a development ask that would see the Area Development Plan altered to allow a 30-storey building to go up in the historic district — a build-

ing that would not fit in with the current commercial and residential buildings with a 15-storey limit.

The parcel of land in question is currently an Impark parking lot. It's bound by 2 and 3 Avenue SW, and Centre and 1 Street SW.

There was a full house of Chinatown stakeholders both in council chambers and an overflow room in the city hall basement. But the debate was put off by Farrell in order to have the developer liaise with stakeholders and arrive at a design that would please the community.

CRIME

Man stabbed in northeast

One man is recovering from multiple stab wounds after an incident in the city's northeast on Sunday night. The attack occurred at around 7:30 p.m. at Memorial Drive and 52 Street NE, police said.

Police say they're looking at a number of possible

suspects.

The victim, 23, was driven to Foothills Hospital in non-life-threatening condition. Police say he's co-operating with the investigation.

Police aren't sure if the attack was random or targeted.

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This image posted on a militant website in January 2014 shows ISIL fighters in Raqqa, Syria. THE CANADIAN PRESS/THE ASSOCIATED PRESS

Canada to end bombing mission against ISIL

MIDDLE EAST

Trudeau says size of training troops to triple

Canada is sending more than 100 soldiers to northern Iraq to train local fighters to combat Islamic State of Iraq and the Levant (ISIL) extremists, a mission that officials concede carries additional risks but is vital to bringing stability to the troubled nation.

Prime Minister Justin Trudeau on Monday took the wraps off the long-awaited change to Canada's fight against ISIL, one that

switches tactics from combat to training, diplomacy and humanitarian aid. Trudeau said the bombing missions by CF-18 fighter jets will end by Feb. 22.

"While air strike operations can be very useful to achieve short-term military and territorial gains, they do not on their own achieve long-term stability," he said.

Instead, Trudeau unveiled a mission billed as "refocused," "more effective" and better able to "capitalize on the strength of Canada's military." And it's a longer mission, too, as the Liberals extended it for another two years.

"I'm extremely confident that this mission not only is better than our last mission, but is the right thing to do," Trudeau said.

As part of the changes, Canada will triple the contingent of soldiers now in northern Iraq to just over 200 to train local fighters so that "kilometre by kilometre, they can reclaim their homes, their land and their future," Trudeau said.

The Conservative government deployed 69 special operations forces soldiers in the fall of 2014 to help train local forces.

\$270M

Budget for improving local capacity in education, health, water and sanitation.

The prime minister said the troops will be in an "advise and assist" non-combat role. But Gen. Jonathan Vance, the chief of defence staff, made clear that the role doesn't mean no risk, as troops will accompany their Kurdish counterparts to the frontlines, engage in firefights and even call in airstrikes.

Canada will also provide an extra \$1 billion to help refugees and assist countries in the region cope with the humanitarian crises. TORSTAR NEWS SERVICE

OTTAWA

Developer wants to 'kill, harm, harass'

A request by an Ottawa development group to be allowed to "kill, harm and harass" two threatened species and destroy a butternut tree habitat on its land has garnered attention.

Kanata Lakes North Development Group put in a request for an "overall benefit permit" to the Ministry of Natural Resources and Forestry on Jan. 4, asking for permission to:

- remove up to 120 butternut trees (endangered) on the 140 hectare site, and damage and destroy the habitat of these trees,
- kill, harm and harass Blanding's turtles (threatened) and destroy up to 124 hectares of Blanding's turtle habitat,
- kill, harm and harass Least bitterns (threatened) and damage up to 10.9 hectares of Least bittern habitat in order to construct a residential development.

While this drew alarm from residents and city councillor Marianne Wilkinson, Ministry of Natural Resources and Forestry employee Scott Lee said the application is unremarkable.

"If they weren't looking to impact a species at risk, then they wouldn't require a permit to allow them to do it from us,"

said Lee in a separate interview.

However, what further alarmed residents like Mario Poirier, a member of the Ottawa Duck Club and wetland supporter, is that KNL's application doesn't say how it will achieve an overall benefit for the species they are impacting.

The permit will only be given if the proponent can show that not only are the impacts on species minimized, but that there is an overall benefit for the species, said Lee. Instead of making any promises, the application suggests only what it might do.

The request for an overall benefit permit is posted online as a summary. It is only after the comment stage that the ministry extracts promises from the proponent before a permit is given.

As for what "overall benefit" means — it's different for each proposal, said Lee. It does not mean that there must be an overall benefit for the species on that particular site, he said. Rather, while impacts to the species on site have to be minimized, overall benefit can happen in different ways, including some of the ways KNL has mentioned.

ADAM KVETON/METROLAND MEDIA



KNL Group is asking for permission to "kill, harm and harass" Blanding's turtles like this one. TORSTAR NEWS SERVICE

RICK MERCER REPORT

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Rick competes in the World's Largest Snowball Fight in Saskatoon, SK.

ALL-NEW
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Diner's wall a who's who

NEW HAMPSHIRE PRIMARY

Staff recalls run-ins with would-be U.S. presidents

These diner waitresses carry anecdotes of presidential candidates like so many plates of barbecued steak tips and Hungry Boy Specials.

The wall of pictures attests to the famous names who have wandered into MaryAnn's Diner over the years: Bill Clinton, Al Gore, Rudy Giuliani, John McCain, Chris Christie and, just the other day, Jeb and Barbara Bush.

While scarfing down a corned-beef hash, a customer says he saw Hillary Clinton twice in the same day last week.

Welcome to New Hampshire.

Being a small state that hosts an early primary means that, every fourth February, residents see their main streets, eateries and high-school gyms inundated with people aspiring to lead the free world.



The entrance of MaryAnn's Diner showing photos of past presidential candidates.

ALEX PANETTA/THE CANADIAN PRESS

The women reminisce about their all-time favourite customer. It's a landslide: the 42nd president, who worked table after table and then, when he was finished, went outside and did the same thing down the block.

"Bill Clinton," said manager Linda Guilnet, who's worked at the diner since its 1989 opening.

"He just went around to everybody. Then took a walk outside. He went down to the lights and came back."

Another waitress says former first lady Barbara Bush was there with the latest family member to seek the presidency. Jeb seemed alright, they said. But his mom was a delight.

A few towns away, another New Hampshireer is less impressed that Bush hauled out the family. Ari Pollack says he's been considering voting for Bush, but thinks leaning on mom smacks slightly of desperation.

Pollack has seen five different candidates in this election cycle. He would have seen a sixth, but the Hillary Clinton rally was full and he couldn't get in.

"It's a fun environment to be in," Pollack says. "It will all come to an end on Tuesday."

Some will be thrilled to see it conclude. The waitresses complain about media cameras bumping into customers.

Pollack is less cynical. He says his state has an important responsibility: "We're making a decision for the rest of the nation. To at least help narrow the field, to put some candidates in front of the rest of the nation that have been vetted," he said.

THE CANADIAN PRESS



SYRIA

Love in the time of war

Badly damaged buildings in the war-ravaged Syrian city of Homs is the setting of a young couple's wedding pictures.

Newlyweds Nada Merhi, 18, and her husband, Syrian army soldier Hassan Youssef, 27, posed for a series of pictures on Feb. 5 among the ruins of what is left of Homs's streets and buildings after years of civil war.

Merhi wore a traditional white wedding gown. Youssef, a soldier in Syrian President Bashar Assad's army, accord-

ing to multiple media outlets, wore a military uniform.

The Washington Post identified the Syrian wedding photographer as Jafar Meray. He used the destruction of Homs to his advantage "to show that life is stronger than death," according to AFP photographer Joseph Eid, who accompanied the couple and Meray on the shoot.

This isn't the first wedding that has been photographed among Homs's rubble. According to the Washington Post,

Meray photographed another married couple late last year. On his Facebook page, he explained that the photographs were proof that "life goes on, silently."

Homs, located about 160 kilometres north of the capital, Damascus, was once the country's third-largest city, with a population of more than 600,000. But after the city became a rebel stronghold in 2011, it was hit by a military assault by government forces.

TORSTAR NEWS SERVICE



1 Newly-wed Syrian couple Nada Merhi, 18, and Hassan Youssef, 27, have their wedding pictures taken in a heavily damaged building in the war-ravaged city of Homs on Feb. 5. A Syrian photographer is using the destruction of Homs to take pictures of newlywed couples to show that life is stronger than death.

2 Hassan offers Nada a bouquet of flowers as she salutes him in the midst of destruction.

3 Nada and Hassan embrace one another.

JOSEPH EID/AFP/GETTY IMAGES



The Calgary Acadia Progressive Conservative Constituency Association (Provincial) including the communities of Acadia, Fairview, Maple Ridge, Riverbend, Southwood and Willow Park.

Notice of Annual General Meeting

A meeting will be held on Thursday, February 25, 2016 at 7:00 PM at Willow Ridge Community Association Hall, 680 Acadia Drive SE, Calgary Alberta, T2J 6P6 for the purpose of electing a Board of Directors. A 2016 Progressive Conservative Association of Alberta membership is required. Memberships will be available for sale at the Annual General Meeting. New members are welcome. Members must show proof of age and primary residence within the boundaries of the Constituency to be eligible to vote.

For further information, please contact Amina Beecroft by email at a2b2@telus.net or by phone at (403) 255-2148

TECHNOLOGY

Cockroach-inspired robots could save lives

The little cockroach, among nature's most gross and reviled creatures, could soon be saving lives. Well, a cockroach-inspired robot, that is.

A study published Monday in the journal Proceedings of the National Academy of Sciences says robots

that mimic cockroaches could help search and rescue missions to find survivors of disasters. These cockroach robots could also help detect gas leaks or inspect infrastructure, the study says.

"Cockroaches are fascinating," said Robert Full, a biologist

at the University of California, Berkeley, and one of the study's authors.

Full and Kaushik Jayaram, a post-doctoral engineering student at Harvard University, and the other author of the study, built an obstacle course filled

with crevices for the bug, and found it was able to slip through gaps a quarter its standing height and could withstand loads of nearly 900 times its body weight.

Using their findings as inspiration, the two researchers built a palm-sized, soft-legged robot.

The prototype took about two years and just \$100 in materials to build. TORSTAR NEWS SERVICE



American cockroach atop a compressible robot. POLYPEDAL LAB

INDIA

Leopard injures three in private-school attack

A leopard wandered into a school in southern India and injured three people as it escaped, officials said.

Onlookers watched the chase, which lasted several hours until forest workers shot the big cat with a tranquilizer dart Sunday, according to Press Trust of India news agency.

The agency quoted school officials as saying the leopard was first seen on closed-circuit TV before dawn inside private Vibgyor School in Bangalore.

The big cat later scaled a wall to re-enter the school grounds. It attacked and injured three people including a veterinarian and a man who was trying to climb over a gate to get away. THE ASSOCIATED PRESS

66% Spike In Recent Foreclosures Plus Aging Baby Boomers Downsizing Creating Discounted Property Frenzy In U.S.

New Real Estate Bonanza

Right now while you are reading this, hedge funds are buying U.S. property in mass. Foreign nationals are loading up on houses as fast as they can. Some savvy individuals are snapping up housing in the U.S. like never before.

In October, *Reuters* reported private investment firm Starwood Capital Group got in the game. They purchased 23,262 mid-rise and garden-style apartments for a whopping \$5.37 billion. Other hedge funds are buying entire subdivisions under construction.

The Chinese are the number one overseas investors of U.S. real estate. Often they will buy 10 condos at once, sight unseen.

Does all this investment activity show the U.S. headed for another property bubble? The answer is no.

Demographics are driving demand for rental property to heights unseen in American history. *Bloomberg Business* says rents are only going higher.

The Millennials saddled with student debt, are choosing to rent. Others want to live in cities and avoid long commutes home ownership often demands.

One of the fastest growing demographic segments in the U.S. is those over age 65. Their downsizing activity is flooding the market with discounted property.

Foreclosures, Flips & Flowing Money

Foreclosures clogged in the U.S. courts are now surging. Those that know how are gaining windfalls of opportunity for flips or portfolio growth.

Yet investors are asking, "Can I still find good deals in U.S. property?" The answer is an emphatic YES.



Warren Buffet told CNBC he would buy a couple hundred thousand single family homes if he could.

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Battle for luxury shoppers

RETAIL

Clothing sector faces challenging years ahead

Industry watchers say Canada's retail clothing sector is expected to slow in the coming few years, even though the battle for luxury shoppers is revving up.

After two years of growth approaching four per cent, sales are forecast to slow and bottom out to a mere one per cent increase in 2018, says Trendex North America, a marketing research firm specializing in the clothing industry.

This year's sales are expected to grow by 2.4 per cent versus 3.8 per cent last year, slipping to 1.7 per cent growth in 2017 before inching back up to 2.1 per cent growth in 2020, Trendex said in a 2016 retail apparel market forecast.

But that could prove optimistic because the organization's outlook for economic growth is much stronger than the Bank of Canada's revised forecast of 1.4 per cent.

The low Canadian dollar is going to put pressure on retailers' margins and force them to offset higher costs by hiking prices, perhaps by three to five per cent.

But the luxury segment should help ease the sluggishness in the low- to mid-priced sector as Saks Fifth Avenue makes its Canadian entry this month with the opening of two Toronto stores and U.S.



Shoppers check out the Nordstrom store in Calgary when it opened in 2014. The U.S. retailer is expanding its presence in Canada with three new locations in Toronto this year and next. TORSTAR NEWS SERVICE

retailer Nordstrom expands its presence with three new locations in Toronto this year and next.

The openings will give wealthier Canadians a reason to shop at home instead of travelling to global fashion centres such as New York while also attracting Americans looking to take advantage of the low loonie, she said.

Increased competition will erode Holt Renfrew's dominance in the luxury segment at least initially as customers visit the new retail options, said Jean Rickli, a retail consultant for the J.C. Williams Group.

"If Nordstrom is true to their word on customer experience, it's going to be tough going for Holt Renfrew," he said in an interview. But he added that the Canadian chain has made some headway by making plans to expand its Vancouver store later this year and opening two hr2 outlet stores on the outskirts of Montreal and Toronto that appeal to millennial shoppers.

Luxury menswear retailer Harry Rosen has also prepared for beefed-up competition by enlarging four of its stores and adding three locations last year.

THE CANADIAN PRESS



Artist sketch of the new Saks department stores, opening in Toronto in this spring. TORSTAR NEWS SERVICE

HOUSEHOLD DEBT

Rate hike not only tool: BoC

The Bank of Canada's benchmark interest rate needs help in shoring up the financial system from growing risks like rising consumer indebtedness, deputy governor Timothy Lane said in a speech Monday.

Increased government spending, also known as fiscal stimulus, and regulatory changes to curb the accumulation of household debt are other tools that can be used alongside monetary policy, Lane said. "One thing is clear: monetary policy alone cannot be responsible for maintaining financial stability," he said.

Lane said the central bank has identified the combination of climbing household debt and elevated house prices as the financial system's most concerning vulnerability. This weak spot has been exacerbated by the use of monetary policy, which has led to an extended era of low interest rates.

THE CANADIAN PRESS

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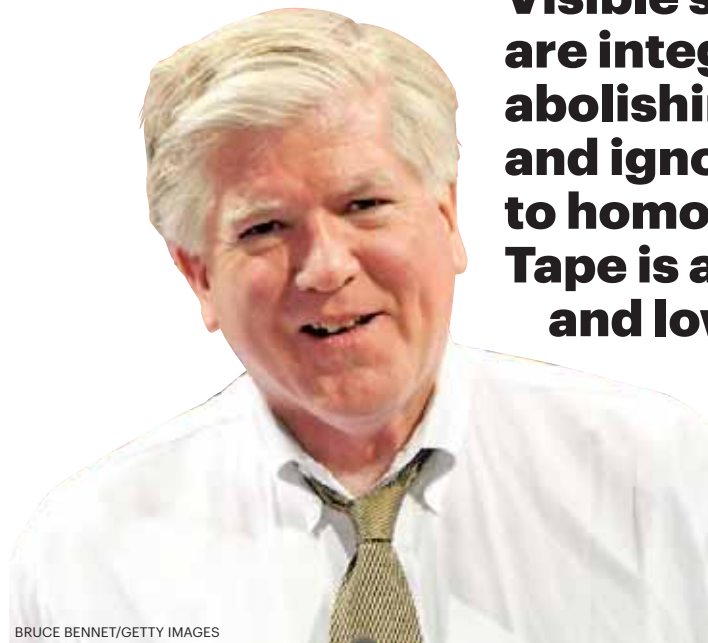
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National Bank says it will write off the \$165-million

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BRUCE BENNETT/GETTY IMAGES

Visible signs of inclusion are integral steps in abolishing the bias, fear and ignorance that lead to homophobia. Pride Tape is a simple, easy and low-cost way of announcing your support for the LGBTQ community.

— BRIAN BURKE

The Burke family is always looking for ways to show our support for the LGBTQ community. I was very excited when I met Jeff McLean, investor in Pride Tape, and thrilled when the Edmonton Oilers used it during their skills competition. We can't wait to bring it to Calgary once it is fully in production.

Visible signs of inclusion like these are integral steps in abolishing the bias, fear and ignorance that lead to homophobia. Through amazing initiatives and organizations such as Pride Tape, Pride parades, You Can Play

and Canadian Safe Schools Network, steady progress is being made.

Pride Tape is cool because it's a simple, easy and low-cost way of announcing your support for the LGBTQ community in a team sports environment — the very message that You Can Play carries forward every day.

This issue has been vitally important to me since my late son, Brendan, came out to us all. Brendan was a wonderful young man and he came out in a very public and courageous way.

Since we lost Brendan, our family has been dedicat-

ed to furthering the causes and goals of the LGBTQ community. I am only sorry that this wasn't a priority for me much earlier in my life.

People ask me how they can help. I always tell them the same thing: Take three steps in your life. First, practice and teach acceptance in your home and workplace. The best thing about Brendan coming out was that I didn't

have to take anything back. No hatred was allowed in my house. No racial humor, no homophobic language — nothing allowed. It was the same at work.

Second, take a positive, affirmative step on behalf of the group — join PFLAG, You Can Play or the Canadian Safe Schools

Network. Volunteer. Write a cheque. Join a Gay-Straight Alliance. March in a Pride Parade. Engage with your local LGBTQ community. It's easy to say that you care — prove it!

And finally, work actively to end homophobia and bullying. Intervene if you can; report it if you can't.

I long for the day when these badges of honor and acceptance on behalf of the LGBTQ community are no longer necessary. But sadly, right now, they are. Join us in this fight against bias, fear and ignorance!

Brian Burke is the president of hockey operations for the Calgary Flames. He was the general manager of the Toronto Maple Leafs from 2008 to 2013. He is on the advisory board of You Can Play, which promotes LGBTQ inclusion in Canadian sports.

Work actively to end homophobia and bullying. Intervene if you can; report it if you can't.

METRO CALL TO ACTION

#PrideTape picks up steam

The colourful campaign to banish homophobia from hockey has support in high places — from NHL executives to generous investors — but it's up to Metro readers to help keep the movement in motion.

The Pride Tape Kickstarter campaign was a smashing success: It closed Feb. 4 after raising \$76,147. Soon 10,000 rolls of rainbow-hued tape, a powerful symbol of LGBTQ inclusion in sports, will be on their way to hockey teams.

Kris Wells, a professor at the University of Alberta's Institute of Sexual Minority Studies and Services who spearheaded the Pride Tape initiative, told Metro seven NHL teams have contacted

the campaign directly or indirectly to inquire about the tape. So far, just the Edmonton Oilers have displayed their multicoloured pride on the ice, during a skills competition.



CONTRIBUTED

Do the coaches, players and hockey fans in your community know about Pride Tape? Spread the word!

Do you want your local teams — professional and amateur — to get on board with Pride Tape? Share this story on social media: #PrideTape

metroview

The best voting reform idea you've never heard of



Norm Beach
For Metro

Our first-past-the-post electoral system is widely and justifiably criticized. After all, if you're a Tory in downtown Toronto or a Green supporter anywhere in Canada except Vancouver Island, it seems futile to cast an essentially "wasted" vote.

So millions stay home while millions of others hold their noses and choose someone they don't really want in order to deny power to someone they hate.

But there's a system under which voters could have their choices directly reflected in Parliament, without adding more MPs, altering electoral districts or setting off a Meech Lake-esque constitutional battle.

It's called proportional parliamentary voting (PPV) and, like proportional representation, it's premised on the idea that each party's legislative power should be in proportion to its share of the popular vote.

Under PPV, when the House of Commons votes on an issue, MPs stand and vote individually, as they always have. But any party whose share of the popular vote is greater than its share of seats is awarded additional votes (on paper only — there are no additional MPs).

If this system had been put in place for this Parliament, the Liberals would not have a majority. Instead, the PPV formula would be pegged

to the 184 Grit MPs who received about 40 per cent of the popular vote, yielding a House of Commons consisting of 460 total votes, with 231 required for a majority. The 99 Conservative MPs, who received 32 per cent of the popular vote, would be awarded 48 additional parliamentary votes for a Conservative total of 147. (The NDP would have 92 votes; the Bloc, 23, the Greens, 14.)

We'd say goodbye to false majority governments, strategic voting and "wasted" votes. Everywhere in Canada, every vote would help the party the voter chooses get more power in Parliament. The only exception would be votes for parties with no MPs in the resulting Parliament. (Fewer than one per cent of such votes went to such parties last time.)

It would not be a difficult process. The Parliament of Canada Act gives the House of Commons the exclusive power to establish its rules and procedures. It could make this change at the end of its mandate, so it would apply to the next Parliament. This change would not affect the electoral system, so if Canadians don't want first-past-the-post, reforms such as ranked balloting would still be possible.

Clearly, though, proportional parliamentary voting would be a better way to guarantee that no vote is wasted. For the next election, let's finally make every vote count.

Norm Beach is a Toronto-based teacher and writer.

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Saving through uncertainty

NEST EGG

Putting some money away when income isn't steady

Michelle Williams

Not everyone has a job with a regular paycheck and benefits, including a group savings plan. In fact, in today's economy, more and more investors are dealing with instability in their workplace, forcing them to be committed and creative about saving for their retirement.

Working on contract

Ana Pereira, 46, is a project manager who is currently part-way through a five-month contract with Canadian Tire. She earns good money when she's working, but there are sometimes weeks or months between contracts where she has no income.

Pereira owns her home and has worked diligently to pay down her mortgage quickly. She also has a car and some RSP and TFSA savings. While she'd prefer a permanent position because of her financial commitments, the right opportunity has not yet come along.

She admits that during periods of unemployment between contracts, it's difficult



Proper investment advice can help you plan for retirement even when your earnings are inconsistent. ISTOCK

to keep her head above water without dipping into savings.

According to Guy Anderson, senior financial consultant at Investment Planning Counsel, someone in Pereira's position should consider using some of the funds she's putting toward her mortgage to top up her TFSA and RSP savings and extend her mortgage payments

over a longer period.

"That way, she has a safety net should she have periods of low cash flow due to unemployment between contracts," Anderson says.

Owning a small business

Lynton Friedman, 41, is a registered psychotherapist who practices hypnotherapy.

He also owns Sanlyn Wellness Centre in Thornhill, Ont., teaching clients techniques to reduce anxiety, relax and break bad habits.

He's been in business for over 10 years and has recently gone through a period of high growth, but like any service business, there are some months where cash flow is

low. While putting money back into his business is important to him, Friedman appreciates the need to be saving for his retirement.

"(He) is at a key time in his life and career to start making some serious strides in his retirement savings," says Anderson. He suggests Friedman talk to his advisor

about leveraging RSP savings and the federal government's Home Buyers' Plan so he can purchase his first home.

"He can direct \$25,000 from his RSP toward his home without tax penalty if he pays it back over 15 years," Anderson says.

Freelancing

Matthew Davies, 51, a freelance TV and film composer, experiences ups and downs in income due to music royalties. A few years back, he had a very good income year — but that came with big tax implications. His strategy was to put money into his RSP for the tax deferral, and he also purchased a spousal RSP, since his wife, Ginette, 43, was a stay-at-home mom.

Royalties are dwindling due to changes in the television industry, so Davies and his wife have opened a "spy birthday party" company, Undercover Kids. With startup costs and shrinking music royalties, cash flow continues to be a challenge while they get their new business going.

For them, Anderson suggests, their RSP savings are a handy emergency fund.

"Since three years have passed since the spousal RSP contribution, they can take it out and use it to help with their personal and business expenses," he says. "Because Ginette's income is still not very high, the taxes they're paying on the RSP withdrawal are minimal."

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Delivering birth canal benefits

RESEARCH

Study may have found way to reduce risks to C-section babies

While passing through the birth canal, newborns are bathed in a mixture of their mothers' bacteria believed to play a role in boosting their immune systems and preventing disease.

So the implications for infants born by caesarean — who don't acquire those important microbes — has been a concern at a time when C-section rates have been rising, accounting for about 28 per cent of Canadian births.

Now a pilot study in the journal *Nature Medicine* has found there may be a solution.

Researchers reported they successfully transferred the immune-building microbial communities of mothers to their caesarean-born babies by swabbing them with birth fluids immediately after delivery.

"Our study is the first to demonstrate that partial microbiome restoration just after birth is possible in babies born by C-section," said microbiologist Maria Dominguez-Bello, associate professor at New York University's Langone Medical Center and lead author of the study, published last week.

While the study is small, involving only 18 mothers and babies, the results provide important evidence that the principle of transferring healthy bacteria is feasible, added co-



Babies delivered by C-section have a greater risk of developing asthma, allergies, Type 1 diabetes and obesity. TORSTAR NEWS SERVICE

author Jose Clemente, associate professor with the Icahn School of Medicine at Mount Sinai in New York.

By swabbing the infants immediately after delivery, "we can modify this skin-like microbiota that C-section babies usually get and make it resemble the microbiota of vaginally de-

livered infants," he said.

Over the first month of life, they found "significant differences" in the bacterial communities of those infants versus the babies born by caesarean but not swabbed.

This is not a procedure currently available for hospital births.

But the research lays the groundwork for future studies to see whether this kind of intervention can reduce the risks of developing such conditions as asthma, allergies, Type 1 diabetes and obesity, which have been associated with caesarean birth.

The pilot study included sev-

en babies born vaginally and 11 by caesarean.

Four of the C-section babies had their mouths and bodies swabbed immediately after delivery with sterile gauze incubated in the mother's vagina an hour before surgery. The research team collected more than 1,500 samples from anal,

oral and skin sites from mothers and babies over the next 30 days that they analyzed and compared.

The procedure included careful screening to ensure mothers were not carrying potentially harmful bacteria such as streptococcus B or other infectious bacteria or viruses.

The samples are part of a larger ongoing research project that includes 84 moms and babies who will be followed for a year after birth, said Dominguez-Bello.

But her team felt their initial findings should be reported earlier.

Research suggests that the first 100 days of life are crucial for developing a healthy gut bacteria, says Dr. Stuart Turvey, pediatrician at B.C. Children's Hospital and the University of British Columbia who has conducted research with the Canadian Microbiome Initiative.

So the study's findings that it's possible to change the structure of the microbial community in a baby's gut by intervening at birth is encouraging, he said.

It opens the door for researchers to identify healthy bacteria that might prevent diseases such as asthma and think about how to administer those to babies, he added.

"What's exciting about these strategies is they're looking to prevent disease."

TORSTAR NEWS SERVICE

GOOD GERMS
By swabbing infants with birth fluids immediately after delivery by C-section, researchers found they could modify skin microbiota.

FITNESS

True or false: Fitness experts dissect five workout clichés

We asked personal trainers and fitness pros — Kathleen Trotter, Stephanie Joanne and Sarah Robichaud — to separate fact from fiction.

F No pain, no gain

Totally false. Fitness experts say pain is a sign something is going wrong — maybe it's your form, or you're pushing yourself too hard. Whatever the case, it's not a good thing.

"The idea of negative, harmful pain being positive is never true," says Trotter.

You don't have to be sore the next day either to get results,

adds Joanne. "It's almost the opposite of what I would want anyone to do," she says.

It's all about knowing the line between pushing your body to its limits and feeling that muscle sensation, versus real pain that comes from hurting yourself during a workout.

T Feel the burn

Sometimes true. There's pain (bad) and then there's that burning sensation that often accompanies a workout (not necessarily bad.) It's fine to push yourself to the point of fatigue during exercise, says Robichaud.

"I know I'm fatigued when I feel that burning sensation in my body — the lactic acid build-up — but never to the point of pain or sacrificing your form," she adds.

Feeling the "burn" isn't necessary to see results, notes Joanne, but it can provide a psychological boost.

T You are what you eat

Mostly true. If you're opting for cake instead of broccoli, you'll definitely feel different after. But experts say the truth is more nuanced than this cliché. "If you're eating foods that

are heavy and fat-laden, and sugar-laden, you are going to feel heavy and you will develop fat on your body," says Robichaud.

And, if you're spending time in the gym but not eating well, you won't get results, adds Joanne.

However, if your digestive system is out of whack, that might mean you're not getting nutrients properly — regardless of what you eat — says Trotter.

T It never gets easier — you just get stronger

Sometimes true. This cliché depends on the situation, says

Trotter. A beginner runner, for instance, might run 5 kilometres in 40 minutes.

"In a year, hopefully you can run it in 30 minutes, and that's going to feel like what you've done in 40," she says. "It's easier — because you're more fit."

When you're pumping iron, things get easier as you strengthen your muscles. "As you tear up muscle fibres in your workout, and then you recover, they come back together even stronger," says Robichaud. The stronger you get, the harder you can work — so in that sense, it's never getting any easier.

T The only bad workout is no workout

Totally true. All three of the experts agreed. "Any movement, even if you just go for a walk and get yourself out of that sedentary mindset, is better than nothing," says Joanne.

In the fitness world, there's a constant pursuit of perfection, but Trotter says people need to shake that — it's not about the "perfect" workout, since something is better than nothing.

"You'll never regret being active," adds Robichaud.

TORSTAR NEWS SERVICE

Ease screen strain with gentle eye yoga

If you spend more than two hours a day in front of a computer, you are at risk of developing computer vision syndrome, a group of vision-related problems that stem from computer use. Symptoms include: tired, itchy, irritated eyes; blurred vision and even headaches. This simple eye-yoga routine is designed to keep computer vision syndrome at bay. YUMEE CHUNG/TORSTAR NEWS SERVICE

EYESIGHT RESPITE

1. Sit tall with your head positioned over the shoulders and chin level with the floor. Fix your gaze at least six metres away.
2. Raise your eyes and gaze skyward for a slow inhale and an equally slow exhale. Lower your eyes and gaze at the earth for another full breath cycle.
3. Turn your eyes to the left and to the right, pausing to breathe at each location.
4. Vigorously rub your hands together until they heat up. Then lightly cup the warm palms over your closed eyes. Breathe deeply and relax into the soothing space behind your eyelids for at least five measured breaths.
5. Finish by using your hands to wipe down the face, throat and chest before blinking the eyes open and closed a few times.



12

The average person blinks 12 times per minute, but computer users blink only five times a minute.

STUDY

Women more likely to 'catch' yawns

It's incredibly contagious, especially among tired coworkers and bleary-eyed airport travellers. Once someone does it, everyone around them is at risk of being infected.

The epidemic has circled the globe, and spreads rapidly during dark winter mornings and long business meetings. But according to a new study, women are more at risk than men.

A study published in the journal, Royal Society Open Science, by a group of researchers from the University of Pisa, Italy, suggests that although women

and men yawn "spontaneously" at the same rate, women are more likely than men to "catch" yawns.

In other words women are more likely to yawn right after someone else near them has.

"We demonstrated that yawn contagion is gender affected," said Elisabetta Palagi, a behavioural biologist, and co-author of the study, over the phone.

Palagi and her team believe that women are more likely to catch yawns than men because they are more empathetic and attuned to other people's emotions.

tion.

The team covertly observed more than a thousand bouts of yawning over a five-year period in train stations, airports and on the street, without people being aware that they were watched.

"We typed in mobile phones or wrote on notebooks, every yawn that was emitted by each person, the time and who could perceive it," wrote researcher Elisa Demuru in an email.

"If a person who perceived a yawn yawned within a three-minute time slot, that yawn was considered as contagion."

JOHANNA SCHNELLER WHAT I'M WATCHING

Younger's sly laughs ring true

THE SHOW: Younger, Season One, Episode 3 (E/TV Land)
THE MOMENT: The Laugh

Liza (Sutton Foster) and Josh (Nico Tortorella) are finally kissing. She likes him, but she's been resisting this, because she has a secret. Divorced, broke, she was unable to get a job in book publishing until she began posing as someone his age, 26. She's 40.

The kissing escalates. Josh takes off his shirt. He's slim, muscular, covered in interesting tattoos. Liza bursts out laughing.

That laugh — equal parts nervous, amazed (that's how men look now?), and rueful (Liza and her husband had stopped having sex) — is what keeps Younger on the right side of the ridiculous/fun axis.

Show creator Darren Star (Sex and the City) traffics in frothy fantasies, and this one is a whopper: that a woman who rushed into adulthood



In Younger, Sutton Foster, left, plays a woman who gets to relive her 20s — and savour them this time. CONTRIBUTED

can relive her 20s, and savour them this time. (Complete with a hipster wardrobe from SATC's costumer, Pat Field.)

Younger has its groaners. The 20-year-olds can be reductively narcissistic, the 40-year-olds bitter or clueless. But as he did on SATC, Star sneaks in several sly truths per episode about how our society pits women against one another, and makes us into our own worst enemies. "She's hit her head on the glass ceiling so many times she's got de-

mentia," a 20-something says about her boss — a funny line, and a state many women know too well.

I also laughed at this one: "Dating in your 40s is like trying to rent out a beautiful apartment where a murder took place. Everyone is spooked." There was rue in my laugh, too.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

Yawns that were not preceded by another yawn within five minutes were classified as "spontaneous."

The researchers even used their own friends as guinea pigs, secretly monitoring their yawns when they came over for dinner and drinks. "They were at my house, so, no problem. It is (a) very, very cheap," way of doing research, said Palagi with a laugh.

The team also collected data on subjects in Madagascar, where they went to study lemurs for a different project.

The airport, Palagi said, was ideal for data collection as people standing in lineups would often cause a chain-yawn reaction.

The paper also found that people are more likely to catch yawns from friends, family or coworkers, than strangers.

It's not the first study to explore how empathy effects yawn contagion. A 2015 Baylor University study found that psychopaths, who are known to have less empathy, are less likely to catch yawns than other people.

Palagi said future research could bring people into a lab for a more controlled experiment, or compare yawning between species.

She said she's always been fascinated by yawning, which she calls "a very strange behaviour."

"Yawning is contagious but why we spontaneously yawn it is

another story," she said. "It is extremely difficult to understand."

She calls it, a "subtle and unconscious" form of communication. "When we are all together around the table for dinner and one or two people around the table begin to yawn, and the other ones follow them, OK it's time to go to bed."

TORSTAR NEWS SERVICE



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Bennett like a boss with Leafs on deck

NHL

Flames forward in fine form with childhood faves in town

Like any rookie, Sam Bennett's first NHL season has been a series of firsts: First scoring slump, first hat trick, first four-goal game and now the first time facing the team he once idolized.

The 19-year-old from Holland Landing, Ont., and the Calgary Flames host the Toronto Maple Leafs on Tuesday at Scotiabank Saddledome.

Bennett estimates he attended a game at the Air Canada Centre at least once a year from the age of 10. He says his emotional attachment to the Leafs went out the window once he became a Flame, but that's not the case for his father Dave.

"My dad is definitely really excited for this game," an amused Bennett said Monday. "I hope he's cheering for us, but we'll see."

Bennett was tied for fourth among NHL rookies Monday with 14 goals, alongside Arizona's Anthony Duclair and Buffalo's Sam Reinhart.

Chicago's Artemi Panarin and Detroit's Dylan Larkin led all freshman goal scorers with 18 apiece ahead of Reinhart's teammate Jack Eichel with 16.

Bennett has scored nine of his 14 in the last month on the heels of an 18-game drought. He worked feverishly hard around the net during a dry spell stretching from Nov. 27 to Jan. 7, but had zero luck.

Flames head coach Bob Hartley was asked by reporters Dec.



Sam Bennett, far right, has come into his own recently with nine of his 14 goals coming in the last month. DEREK LEUNG/GETTY IMAGES

30 about the possibility of moving Bennett from left-winger back to his natural position of centre, and also whether Bennett deserved more ice time given how hard he was working.

But Hartley stayed the course with Bennett, who broke the tension Jan. 11 with a goal against the San Jose Sharks. That was followed by a four-goal explosion, including a first-period hat trick, the next game against the Florida Panthers.

"In junior, you don't normally go a couple of games without scoring," Bennett said. "It was definitely different, but it's a

different league and it's a lot tougher. I knew that coming in. "I was still getting a lot of chances, so you only start to worry when you're not getting the chances. I knew eventually it would start to come."

With 24 points, the six-foot-one, 186-pounder ranks seventh among rookies.

Calgary's highest draft pick ever at fourth overall in 2014, Bennett has a top-six role playing with centre Mikael Backlund and right-winger Michael Frolik on the second line.

"Of course, I still consider myself a centreman, but I think I've



My dad is definitely really excited ... I hope he's cheering for us.

Sam Bennett who grew up a Maple Leafs fan.

Byfuglien signs 5-year extension

The Winnipeg Jets have signed defenceman Dustin Byfuglien to a five-year, \$38-million US contract extension with a salary-cap hit of \$7.6 million per year.

The 30-year-old has recorded 32 points (15 goals, 17 assists) in 52 games this season.

He leads the Jets with 163 shots, 78 penalty minutes and

24 minutes and 14 seconds of ice time per game.

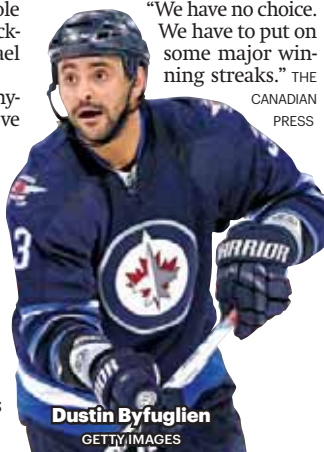
The native of Roseau, Minn., represented the Central Division at the 2016 all-star game, scoring a goal and adding an assist.

Byfuglien was acquired when the Jets franchise was based in Atlanta via a 2010 off-season trade with Chicago.

The trade came after Byfuglien helped the Blackhawks win the 2010 Stanley Cup.

He has 376 points (148 goals, 228 assists) and 775 penalty minutes in 649 career games with the Blackhawks and the Thrashers/Jets.

THE CANADIAN PRESS



Dustin Byfuglien
GETTY IMAGES

IN CALGARY

Leafs look to AHL in search of offence

The Toronto Maple Leafs have been struggling to score, managing two goals or fewer in 10 of their last 13 games. The Toronto Marlies lead the American Hockey League in goals.

So as the injury bug hits the Leafs again — the parent club will have to do without forwards Tyler Bozak, Joffrey Lupul and Shawn Matthias — they're going to see if minor-league success can translate to the NHL.

The Leafs recalled Mark Arcobello, Josh Leivo and Rich Clune on Monday. Arcobello leads the Marlies with 20 goals

in 34 games.

"He shoots it in the net," said Leafs head coach Mike Babcock, whose team has struggled on offence since James van Riemsdyk was lost to a foot injury Jan. 9. "We expect all the new guys to be good."

None of the injured players travelled with the club as it left Monday for Tuesday's game in Calgary.

TORSTAR NEWS SERVICE



Mark Arcobello
TORSTAR NEWS SERVICE

NFL

Agent confirms Lynch's retirement

When Marshawn Lynch was brought to Seattle early in the 2010 season, he was acquired because the Seahawks desperately needed a running back.

What he ended up providing was an attitude and style that became the foundation for bringing the first Super Bowl title to the Pacific Northwest.

And for that, Lynch will forever hold a special place with the Seahawks.

Without saying a word — big surprise — Lynch drew a lot of attention during the fourth quarter of the Super Bowl on Sunday night with a single post on social media. Just a picture, green cleats hanging from a power or telephone line, and a peace sign emoji. It was his



Marshawn Lynch
GETTY IMAGES

way of saying goodbye from football, a decision that his agent Doug Hendrickson confirmed to The Associated Press on Monday saying Lynch intends to retire.

Lynch, 29, will step aside after nine seasons in the league. Six of those came in Seattle, where he played in the post-season five times. He tied for the NFL lead in rushing touchdowns in 2013 and 2014 and is No. 8 all-time in total yards rushing during the post-season.

THE ASSOCIATED PRESS

IN BRIEF

Lawyer: Manziel ruptured ex's eardrum in assault

Johnny Manziel's ex-girlfriend says in an affidavit that he hit her so hard during a late-night confrontation that she lost hearing in one ear.

Colleen Crowley suffered a ruptured eardrum, which is expected to eventually heal, her lawyer revealed.

Crowley detailed Manziel's alleged attack as part of proceedings to obtain a protective order against the troubled Cleveland Browns quarterback.

THE ASSOCIATED PRESS

McCoy being investigated over fight with off-duty cops

Buffalo Bills running back LeSean McCoy is under investigation over a Philadelphia nightclub brawl early Sunday that left two off-duty police officers injured, one with a broken nose and broken ribs and the other with a possible skull fracture.

The incident occurred early Sunday morning after an argument broke out between McCoy's party and the officers over a bottle of champagne.

THE ASSOCIATED PRESS

RECIPE Roasted Chicken and Grapes



PHOTO: MAMA YISNEY

Ceri Marsh & Laura Keogh
For Metro Canada

This unusual combination delivers amazing flavour, both savoury and sweet. It's posh enough to serve to guests but simple enough to whip up on any weeknight evening.

Ready in

Prep time: 5 minutes
Total time: 30 minutes
Serves 4

Ingredients

- 1 Tbsp olive oil
- 4 chicken thighs
- 2 shallots, sliced
- 3 cloves of garlic, minced
- 3 cups red seedless grapes
- 1 cup chicken stock
- 1 Tbsp balsamic vinegar
- 1 Tbsp brown sugar
- 2 Tbsp dried thyme

Directions

1. Preheat the oven to 400 F.
2. In a large, oven-safe skillet, warm up olive oil over medium high heat. Brown — but don't cook through — the chicken thighs, about 3 minutes each side. Remove the chicken from the skillet and place on a clean plate.
3. Reduce the heat under the skillet to medium and toss in the shallots and garlic. Cook for about 3 minutes until they soften. Add the grapes, stock, vinegar, sugar and thyme and give everything a good stir. Allow the sauce to begin to simmer.
4. Nestle the chicken pieces into the sauce and place the skillet in the oven. Bake for 20 minutes.
5. Serve over couscous, mashed potatoes or polenta.

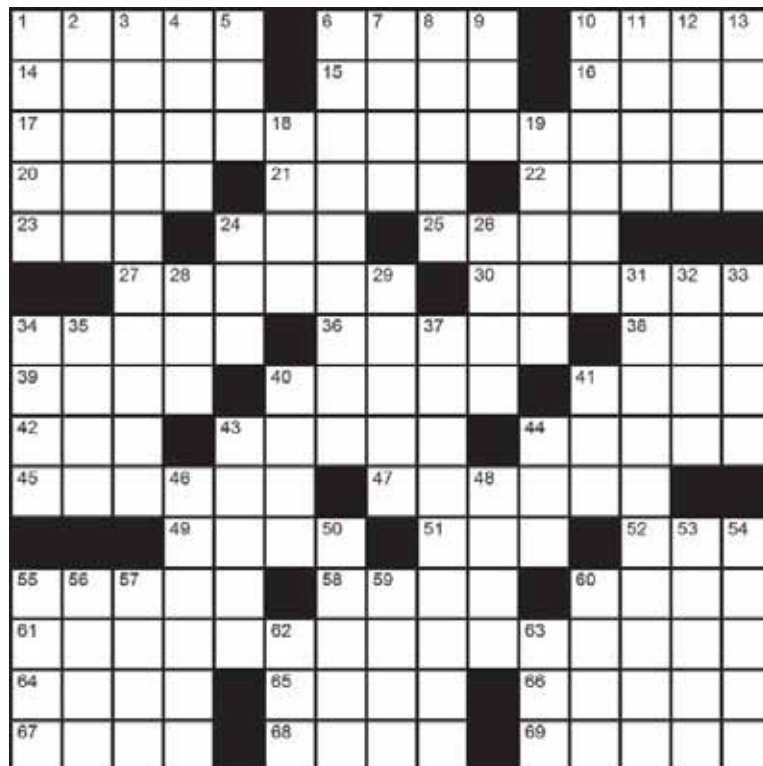
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Domesticated
6. Vroom, vroom...
_ 500
10. Radiate
14. Ms. Cara
15. Drill hole
16. When Jimmy Kimmel is on
17. First World War munitions: 2 wds.
20. Route
21. Aloud
22. Elongated circles
23. Cobbler's tool
24. _ Epstein (Gregory Smith's role on "Rookie Blue" on Global TV)
25. Animal-powered plow contraption
27. "Would you stop already": 2 wds.
30. Hertz pickup
34. Curved music symbols
36. Elizabeth's nickname, perhaps
38. Annie Lennox's inquisitive hit of 1992
39. Ardent
40. Pesky pet problems
41. Marcel Marceau's job title
42. "You're All _ Got Tonight" by The Cars
43. Military officer, e.g.
44. Ms. Winslet's
45. Grammar topic
47. Afraid
49. Twisted-apart cookie
51. Froms opposites
52. Gives birth
55. Is performing really well
58. Subatomic



- particle
60. Pinnacle
61. Queen Elizabeth's attendants
64. Allied group
65. Feed the poker kitty
66. Like a TV show that should have been airing: 2 wds.

67. Shakespeare play title starter
68. Madonna's "Live to _"
69. _ relax (Calm down)

DOWN

1. Fairytale accessory

2. Bow and what?
3. Album of 1984 by Canadian singing star Lee Aaron: 2 wds.
4. British novelist Ms. Bagnold
5. Wilmington's state [abbr.]
6. Mount Caubvick aka Mont d' _ (High

- peak on the Quebec/Labrador border)
7. Ms. Ephron
8. Laconically
9. Agreeable answer
10. Ten-plus-one
11. _ fide (In bad faith)
12. " _ take a few days." (Waiting-for-some-

- thing time span)
13. Nastassja Kinski title role
18. Swag
19. Cornball
24. Insult in a hip way
26. Eyeballs
28. Vase variety
29. Daily commute delay cause: 2 wds.
31. Canadian comedy series which starred Don McKellar and Molly Parker: 2 wds.
32. Wistfully sighed phrase: 2 wds.
33. Caustics
34. Locomotes the slopes
35. Canadian comic actor Eugene
37. Showerer's dryer-offer: 2 wds.
40. Obsession, idee _
41. Avril's follower
43. Big
44. PC information units
46. Music chord types
48. Mrs. Chaplin (Charlie's last wife)
50. Speak out
53. "Are too:" re-tort: 2 wds.
54. Musical repetition mark
55. Actress Jessica
56. Referee's decision
57. Matinee star
59. Global, for short
60. Suffix with 'Origin'
62. Roasted
63. Chg. card percentage

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
If you let things slip, you'll be struggling to catch up for the rest of the week. Stay on top of your workload, no matter how boring it may be.

Taurus April 21 - May 21
You can get twice as much done in half the time it takes most other people but that doesn't mean you should. If anything you should be cutting back a bit now. Keep doing it all and others will expect it of you.

Gemini May 22 - June 21
Why are some people so irritable? You won't change them, so don't waste time trying. Today's influences will bring out the worst in those who lack self-control, but it will bring out the best in you.

Cancer June 22 - July 23
The weather in your neck of the cosmic woods may get a bit blowy today but the long-term forecast is good, so sit tight and ride out the storm. Come the weekend your world will be a brighter and sunnier place.

Leo July 24 - Aug. 23
You may be eager to show what you can do but you would be wise not to rush things. If you act too soon, you may only get half what you could have earned if you had waited a day.

Virgo Aug. 24 - Sept. 23
Have a clear idea of what it is you are aiming for, otherwise you will waste a lot of time and energy on things that don't matter. Make a conscious decision not to get carried away.

Libra Sept. 24 - Oct. 23
It may seem as if all sorts of things are going wrong at the moment but it isn't true — relatively speaking your life is a huge success. If you want to be inspired take a look at those who really do have to struggle to get things done.

Scorpio Oct. 24 - Nov. 22
Listen to friends today. They have a wealth of experience that can be used to sidestep the pitfalls that will appear along your path.

Sagittarius Nov. 23 - Dec. 21
You can make a name for yourself but only if you are prepared to give up the things that are holding you back. Anything that takes up too much of time, or money, must go.

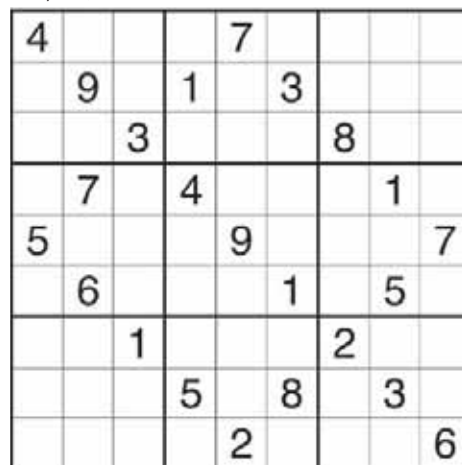
Capricorn Dec. 22 - Jan. 20
If you're planning a trip check and make sure there's nothing that could hold you back. Allow more time for your journey. You'll reach your destination but it may take a while.

Aquarius Jan. 21 - Feb. 19
Is there some kind of conspiracy that is stopping you from reaching your goal? Maybe there is but more likely it's just your mind playing tricks on you. By all means be wary but don't make accusations.

Pisces Feb. 20 - March 20
It is inevitable that you will encounter some kind of resistance. It may be emotional resistance or it may be physical but either way you'll have to find an alternative route.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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